The Shakerite

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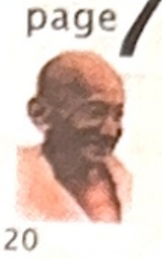
THE REEL DEAL

Fun film facts page 5

ARE YOU #1? page 7

Peaceful protest to class ranking



Shout it Out

SENIOR HALLE MORSE, the Leading Player in "Pippin," sings and dances to "Glory" during the preview for high school students Dec. 1.

Dan Snider • THE SHAKERITE

ARTS • A REVIEW OF THIS YEAR'S FALL MUSICAL, "PIPPIN" • PAGE 5

'Eat your veggies,' PTO group says

By Jason Plautz
CENTERPIECE EDITOR

Students might not have been happy when they found the soda machines taken away from the fencing room, but the PTO's new nutrition council thinks they'll be happier in the long run.

According to Carolyn Steiner, a member of the council, nutrition not only makes students healthier, but also has the added benefit of "improving behavior and making people happier."

The vending machines were replaced as part of an effort to create a more nutritious environment in Shaker schools. This campaign is being spearheaded by the new nutrition council on the PTO. This group, led by dietary scientist Karen Warman and nutritionist Punam Vachaspati, was founded last year after the Ohio Department of Education released new guidelines for nutrition in schools, including regulations for quantities of milk, meat and grains for school lunches.

> "What if people just need a little . . . energy?"
>
> Glenn Testen
> sophomore

This committee is part of a nationwide campaign to improve nutrition in schools. A nationwide survey by the Center for Science in the Public Interest, a Washington-based group that is leading the fight, revealed that 75 percent of the drinks and 85 percent of the snacks sold in high school vending machines are of "poor nutritional value." The group cites rising obesity rates and soft drink intake among adolescents. Soda machines, according to CSPI, account for the highest percentage of high school students' caloric intake.

Junior Sarah Ratner said she has

SEE NUTRITION PAGE 3

What's in a name?

SENIOR BRIAN WOOD speaks to Minority Achievement Committee Potential Scholars at the group's Dec. 3 meeting. The MAC Scholars have been working to close the achievement gap for 15 years.

By James Williams
STAFF REPORTER

Since its inception in 1990, the Minority Achievement Committee has pursued one goal.

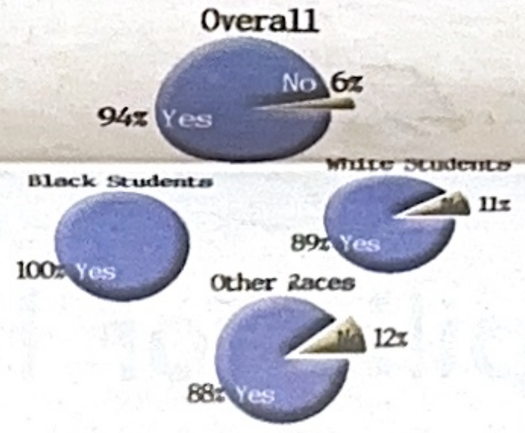
"About 15 faculty members, including myself, reviewed a study," said MAC Program co-director and academic adviser Mary Lynne McGovern. "The study revealed that African-American males carried the lowest grade point average among black and white freshmen — male and female. My goal was to change that statistic."

For years, the academic achievement gap between African American and Caucasian students has been well documented.

SEE SCHOLARS PAGE 4

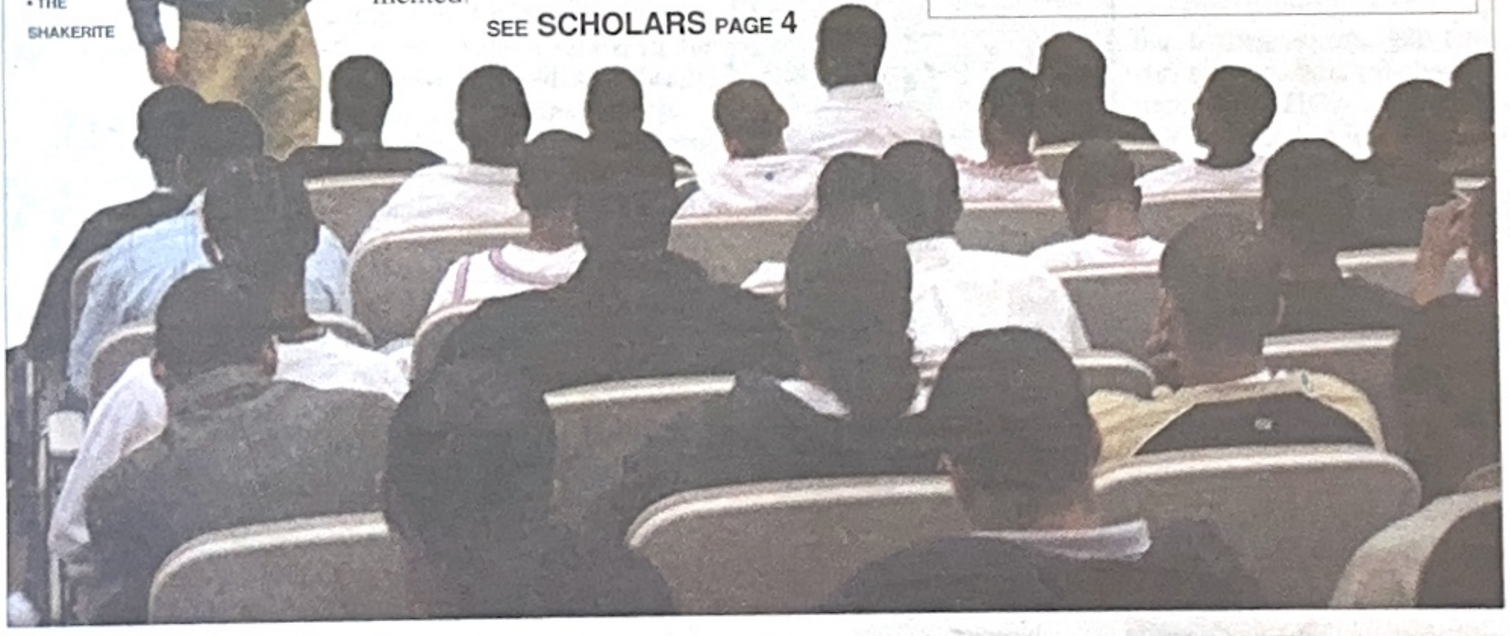
Photo Illustration by Allie Jennings • THE SHAKERITE

Do you think programs such as MAC Scholars are beneficial to the school community?



Scientific poll of 110 students with a margin of error +/- 9.5 percent. Shakerite staff polled students.

Emily Grannis • THE SHAKERITE



New hoops coaches intensify focus on teamwork, studies

By Meagan Steiner
SPORTS EDITOR

For women's basketball players, it's time to pick up the intensity and the grades.

The arrival of new varsity head coach Don Readance marked the second change in this position in the past four years. He aims to transform the team's greatest strength—its potential—into wins, by focusing on teamwork and defense.

Junior varsity coach LaToia Gaiter, also new to the high school, stresses the importance of academics for her team.

After nine years as assistant coach and three as head coach in Cleveland Heights, as well as a year as assistant coach in Richmond Heights, Readance started at Shaker familiar with the team's talent. He stresses teamwork, defense and "a selfless team concept."

"It's been a little bit frustrating or hectic. We had poor games the first two weeks of the season," Readance said, adding that three of these games were against schools ranked in the top 20 in the area.

He said that although the team can play well against its biggest competitors, it does so in inconsistent spurts. He believes consistency is key to

SEE BASKETBALL PAGE 8

> "Expectations have been set a bit higher than they're used to."
>
> Don Readance
> head coach

Hilry Hazelwood • THE SHAKERITE

SOPHOMORE SHANNA THOMPSON drives the ball toward the basket in Shaker's Dec. 8 defeat of Maple Heights.

Taking steps to connect with all students

By Lena Newman
STAFF REPORTER

It was tenth period when the security guard called me out of my English class.

My mind searched through endless irrational possibilities for this visit. The last thing I thought it could be was a locker switch.

A sophomore who is blind was having trouble getting to his locker and needed to have a different one. Two other girls had already said no, but I agreed. Of course I would trade. Security guard Cheryel Jennings explained that the blind student counts paces to find his locker. My locker was the first in a section and would be much easier for him to find. She told me that the other students' refusals didn't surprise her.

I was so relieved to learn that I wasn't in some kind of trouble that I almost overlooked the obvious. If it weren't for this isolated incident, I would hardly have known there were kids at our school with disabilities.

Like many other people, I have very limited contact with people who have handicaps, both physical and cognitive. My minimal experience, however, does include Robert Hassler, a man who happens to be blind.

I met Hassler through Heights Christian Church, where he is an active member of the congregation and the choir. Hassler works for Amclo, answering phones and taking messages. His sister drives him to work, and he takes the Rapid to church.

Most blind people use some sort of aid to help them get around. Some use a seeing-eye dog, but Hassler chose the cane. "There are advantages and disadvantages to both sides," said Hassler. "The disadvantage about a cane is it can't tell you when there's danger."

SEE DISABILITIES PAGE 4

Dan Snider • THE SHAKERITE

SOPHOMORE SHAMIKA SHARPLEY, a blind student, opens her locker after school. She count paces to find her locker.

Pocket change not enough to meet goal

This year's United Way drive raised approximately $2,575, just under 65 percent of the school's goal of $4,000. Classes that raised the most money were Margaret Boles' Advanced Placement BC Calculus class, which raised $538.34, Terrence Pollack's Advanced Placement U.S. History class, which raised $301, and Keaf Holliday's Graphic Design class, which raised $180. Those students were invited to a pizza party.

Student Council member David Goldsmith said the council is considering "a few changes" for next year. He declined to specify what those changes might be.

Blood donors line up to give others shot at life

By Kelsey Cohen-Roth
BUSINESS MANAGER

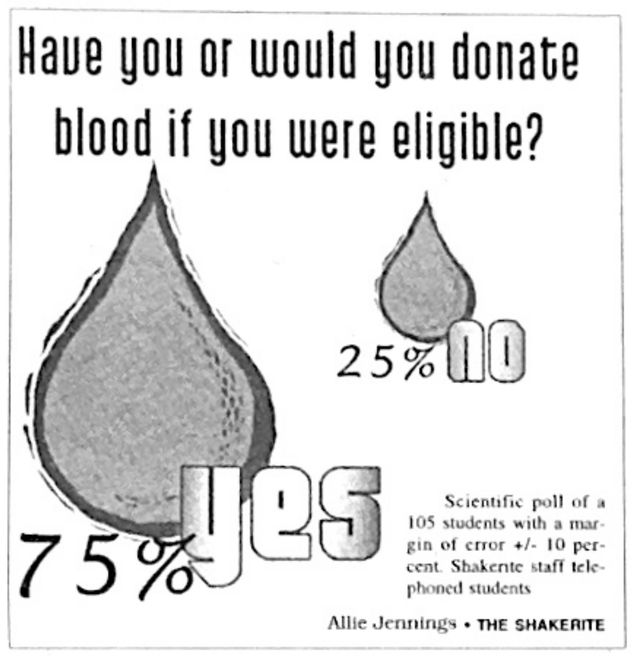
You see posters for it. You hear announcements for it. The senior lounge even closes for it.

What merits that much attention?

An American Red Cross Bloodmobile. Denise Weber, a collections technician and registered Red Cross medical assistant, said there is always a need for blood.

"One pint could save up to three people's lives," she said.

The bloodmobile visits the high school four times a year, most recently Dec. 2. Blood collection takes place in the senior lounge. Sara Cox, the senior lounge supervisor and senior class adviser has organized Red Cross Bloodmobile days for 16 years. She said the number of student participants varies from 30 to 90.


Have you or would you donate blood if you were eligible?
25% no
75% yes
Scientific poll of a 105 students with a margin of error +/- 10 percent. Shakerite staff telephoned students
Allie Jennings • THE SHAKERITE

"It depends on the time of year, [especially] during heavy fall sports," Cox said. "I never know how many or few will show up." School policy forbids athletes from practicing or playing on the day they donate.

Students sign in so they can be excused from class. After signing in, they read information packets about eligibility and what will happen to the donated blood. Then donors show ID, and first-time donors complete a basic health information form.

The longest part of the process is the extensive health history that is recorded every time someone donates. Behind blue partitions, a Red Cross representative records donors' blood pressure, pulse, temperature and iron levels. In addition, they ask about 80 detailed questions during the private and confidential interview.

Senior April Cox, who has donated two times, said the test for iron levels, which is done with a small machine with a needle on the end, is the hardest part of the donation process.

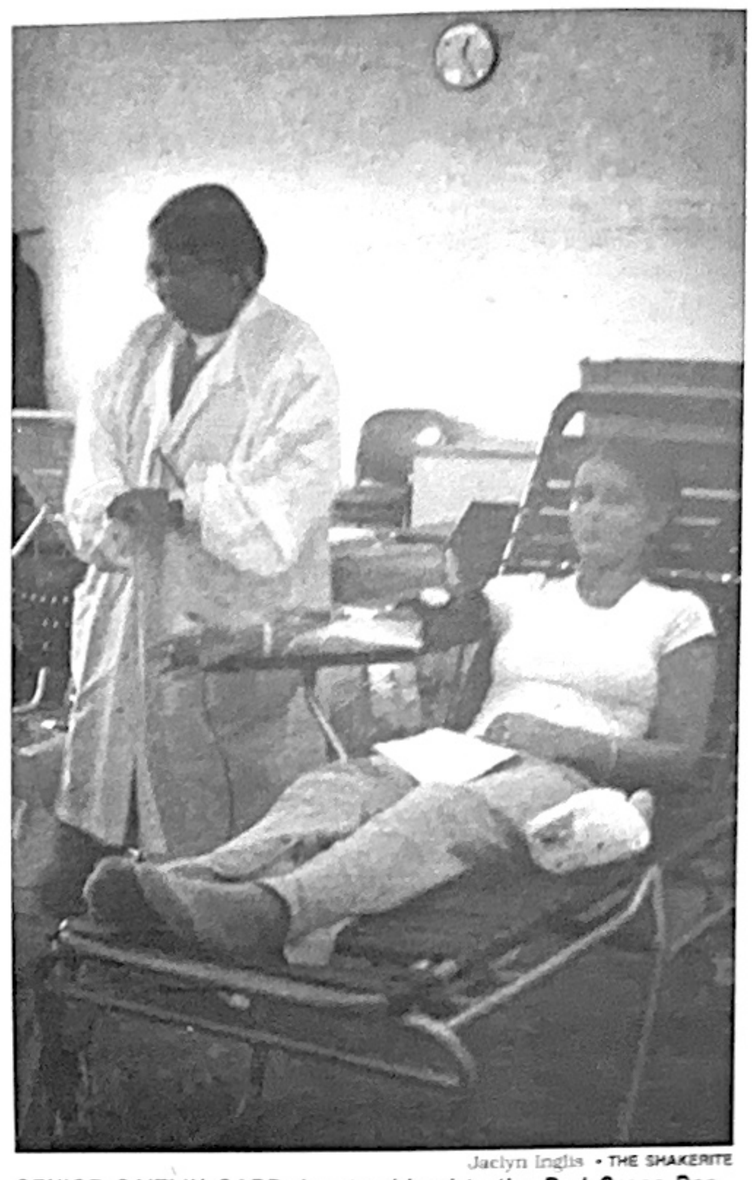
"Getting your finger pricked hurts more then getting the actual needle stuck in your arm," she said.

As long as donors are in generally good health — for instance, they don't have a fever — they are allowed to donate.

The donors recline in lawn chairs and choose which arm they wish to donate from. First, the nurse cleans the skin at the site of the donation (inside the elbow), then inserts the needle. Blood then begins to fill a pint-size bag, leaving donors with about nine minutes to pass while the donation takes place. If the process takes fewer than four minutes or more than 20 minutes, the blood has to be thrown out because it is not up to par.

Once the bag is full, a representative closes the bag, removes the needle and puts a bandage on the spot. As long as donors don't feel ill, they are allowed to rise and get food, which can include pizza, cookies, peanut butter crackers and pineapple and apple juice.

Donors have to eat high-sugar foods to replace lost blood sugars. Some weakness usually occurs, but donors can return to normal activities shortly after giving blood.


Jaclyn Inglis • THE SHAKERITE
SENIOR CAITLIN GARD donates blood to the Red Cross Dec. 2. Students' and faculty members' donations go to hospital patients who are in need of blood transfusions.

Bloodmobiles aren't only for students. Math Department Chairman Gene Tournoux has been donating for about eight years.

"I'm healthy, and I think I've got a lot to be thankful for, so it's just a way of giving back," he said.

April Cox echoed this sentiment.

"It seemed like something fun to do," she said. "You can help somebody else. You can give someone else life."

Students pop pills for high SAT scores

• Ritalin and Adderall, meant for ADHD, are used to increase focus

By Martina Alessandrini
STAFF REPORTER

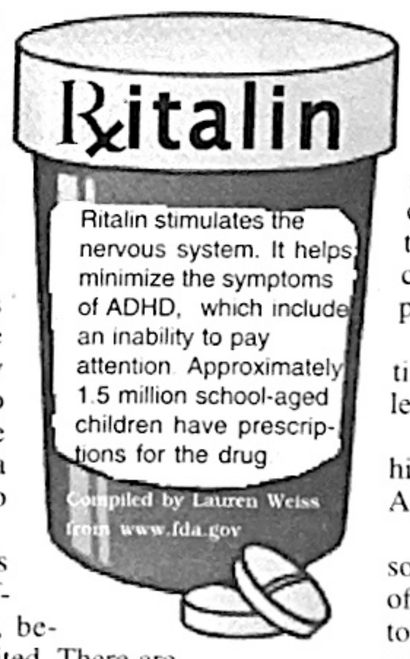
It can prove your test-taking abilities and get you accepted to college, but lately the SAT has become a nightmare. And now the easiest way to attain a high score involves drugs normally used for people affected by Attention Deficit and Hyperactivity Disorder.

"There are at least between 120 and 200 students in Shaker who took Adderall or Ritalin at least once before a big test," said senior Woody Culp. "They help you to stay concentrated and really alert for awhile, and so people are able to get more points during the SAT."

Drugs such as Adderall and Ritalin are not chemically addictive and are easy to obtain.

"I personally don't think it is that big of a deal, given that this doesn't turn into addiction," Culp said. "It's easy to get the pills. They sell them at one or two bucks each for a [pill] of 10 milligrams. And kids sell their own medications. They are able to earn a lot of money by selling them — at least 40 or 50 bucks for each prescription. Of course, the parents have no idea of what their kids are doing."

School nurse Paula Dworkin explained some effects of these drugs. "Both Adderall and Ritalin are stimulants composed by amphetamines. You lose hunger, and you can't sleep so you feel more active. But they clear your system pretty quickly. If you take a pill at nine in the morning, it will give its effects until noon," she said. "But the dangerous part of taking pills from other people is that they are prescribed and dosed for the people affected by ADHD, for their weight and height. You could get over-stimulated and hyper, more than you should be."


Ritalin
Ritalin stimulates the nervous system. It helps minimize the symptoms of ADHD, which include an inability to pay attention. Approximately 1.5 million school-aged children have prescriptions for the drug
Compiled by Lauren Weiss from www.fda.gov

There are other methods used to score well on the SAT. Although review classes tell students not to drink coffee before taking the SAT, some people believe a few cups of coffee could do the trick.

"There are definitely lots of people who drink more coffee than usual before SAT, because caffeine keeps you excited. There are also lots of heavily caffeinated drinks that you can easily find: Boost, Red Dog and Red Bull. They are cheap and everybody can buy them. There are even people who drinks liquors like Jagermeister before the SAT," Culp said.

Principal Michael Griffith thinks this is a dangerous practice. "I think there is no point in taking Adderall or Ritalin before a test. You need to know the answers to score better on a test; there is no drug that makes you smarter and makes you find the correct answer. You must know the answer," he said.

Amphetamines act on the brain by mimicking the neurotransmitter dopamine, which increases alertness and concentration. Studies conducted by the National Institutes of Health show that low doses of stimulants increase attention and awareness in everyone, not just in people with attention disorders.

The side effects of Adderall can include loss of appetite, insomnia and weight loss. One pill probably won't lead to death, but one pill often leads to another.

The Wall Street Journal reported the story of a female high school senior in the Washington area who credits Adderall for her SAT score.

"Why work harder to get a 1260 when you can take something? When you take Adderall you feel a crazy kind of confidence; I was looking at the problems and was able to find the solution in five seconds," she told the newspaper.

They also reported on a university student who said that she took practice tests and found that she scored higher when she took drugs prior to the test.

The belief that taking Ritalin can only help your SAT score is common.

"I would assume that people really get better scores on the SAT, or why go on taking them?" said Culp.

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Shaker Heights Teacher's Association
SHTA
Professionals Dedicated to Educating Shaker's Youth

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PTO wants students to eat right

• Health food competes with junk food for spot on menu

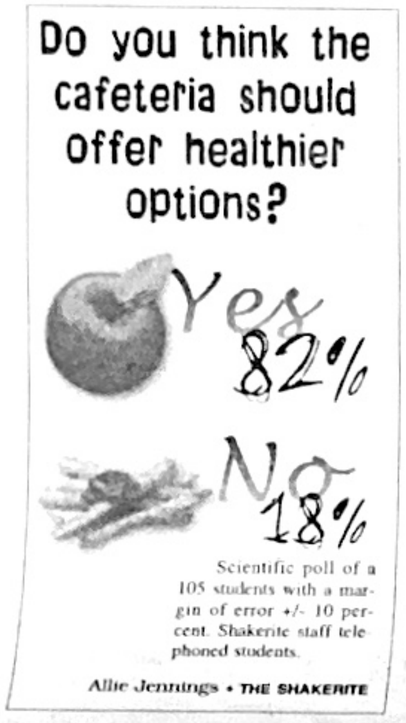
FROM NUTRITION PAGE 1

seen students eating less healthy food.

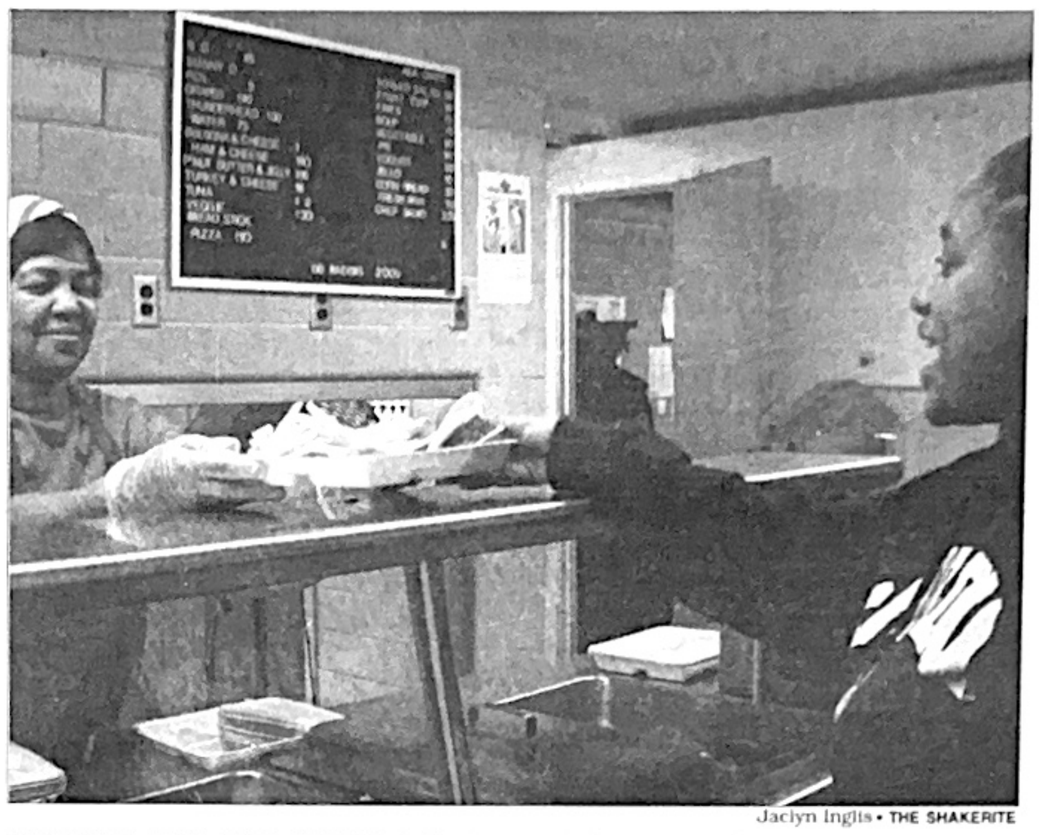
"People are getting lazier; they just go for the quick, pre-packaged foods." Ratner also said that time influences students' poor diet.

"When you buy lunch in the cafeteria, you hardly even get out of the line in time. It's easy to just grab a bag of chips and call it a day," she added.

The group began by investigating 26 other schools nationwide that had success in improving school nutrition. They identified eight areas where changes could be made. These included improving the quality of school lunches and breakfasts, changing vending machines, prohibiting soda at school, increasing meal times and providing more options. They then prepared a list of 10 ideas for PTO to improve school and community food. Among the suggestions were encouraging parents to pack healthy lunches, reducing snacks at PTO-sponsored events, eliminating food as a reward for students and promoting healthy eating through fliers and handouts.


Do you think the cafeteria should offer healthier options?
Yes 82%
No 18%
Scientific poll of a 105 students with a margin of error +/- 10 percent. Shakerite staff telephoned students.
Allie Jennings • THE SHAKERITE

The Shaker campaign began with the removal of some vending machines in the high school and middle school. The committee has already instituted a bag lunch program at the elementary schools and plans to overhaul the high school lunch menu. They also want to offer more choices in the cafeteria, set up a salad bar, install vending machines with juices and healthy snacks and improve the cafeteria environment so more students will eat there.


Jaclyn Inglis • THE SHAKERITE

CAFETERIA EMPLOYEE THELMA Bailey hands junior Aubrey Stewart a lunch of tacos and fries. Though menu items such as fries and ice cream bars seem to be popular, some students would like healthier menu items to be available.

Sophomore Glenn Testen said that he agreed with the idea of restructuring the lunch menu, but didn't want the soda machines removed.

"What if people just need a little refreshment or energy? I think they should leave the soda machines in," he said.

However, Testen did criticize the cafeteria as a source of adolescent obesity.

"Every day people go to the lunch lines and get the worst foods, like french fries that clog your arteries. I don't think that [kind of food is] very healthy at all," he said.

Steiner said one of the challenges in redoing the lunch menu is making this food appealing to students. For example, she said that most students throw away a whole apple when it is a part of their lunch.

"However, when you cut it into slices and use lemon juice to reduce browning, more people eat them," Steiner said.

Steiner pointed to the town of Appleton, Wisconsin, as an example of a district with good nutrition. The school system revamped its menus to include more fresh ingredients and less fried food. After the change, Appleton officials noted that students were not only healthier, but also happier and better behaved.

Ratner, who is a vegetarian, said she eats healthier than most of her friends. She also thinks that the campaign is important, but that the removal of the vending machines was not a good starting point.

"I can't blame the school for trying, but I think they should try approaching it from a different angle other than depriving students of their sugar fix," she said.

City may build skate park

• Community Life Department considers adding facilities, improving fields

By Miriam Moore
PULSE EDITOR

Turning, flipping and doing ollies on a skateboard sounds like a good time until the Shaker police arrive and ask you to put the boards away.

Skateboarders often have to deal with police in Shaker because there is no skate park where they are permitted to practice their moves. This problem, however, may soon be resolved.

The addition of a skate park is an idea that was proposed by the Recreation and Leisure Assessment Task Force, which includes six citizens as well as representatives from the city, library and schools.

> "I would really enjoy it if a skate park came to Shaker. A skate park would be a positive influence."
>
> Patrick Scott
> skateboarder

The task force is co-chaired by Mike Shinn and Warren Wright. The committee is attempting to redesign Shaker's recreation facilities. Other ideas include the improvement of fields and the addition of new basketball courts and bike trails.

The goal of the task force is to find activities that will be appealing for everyone.

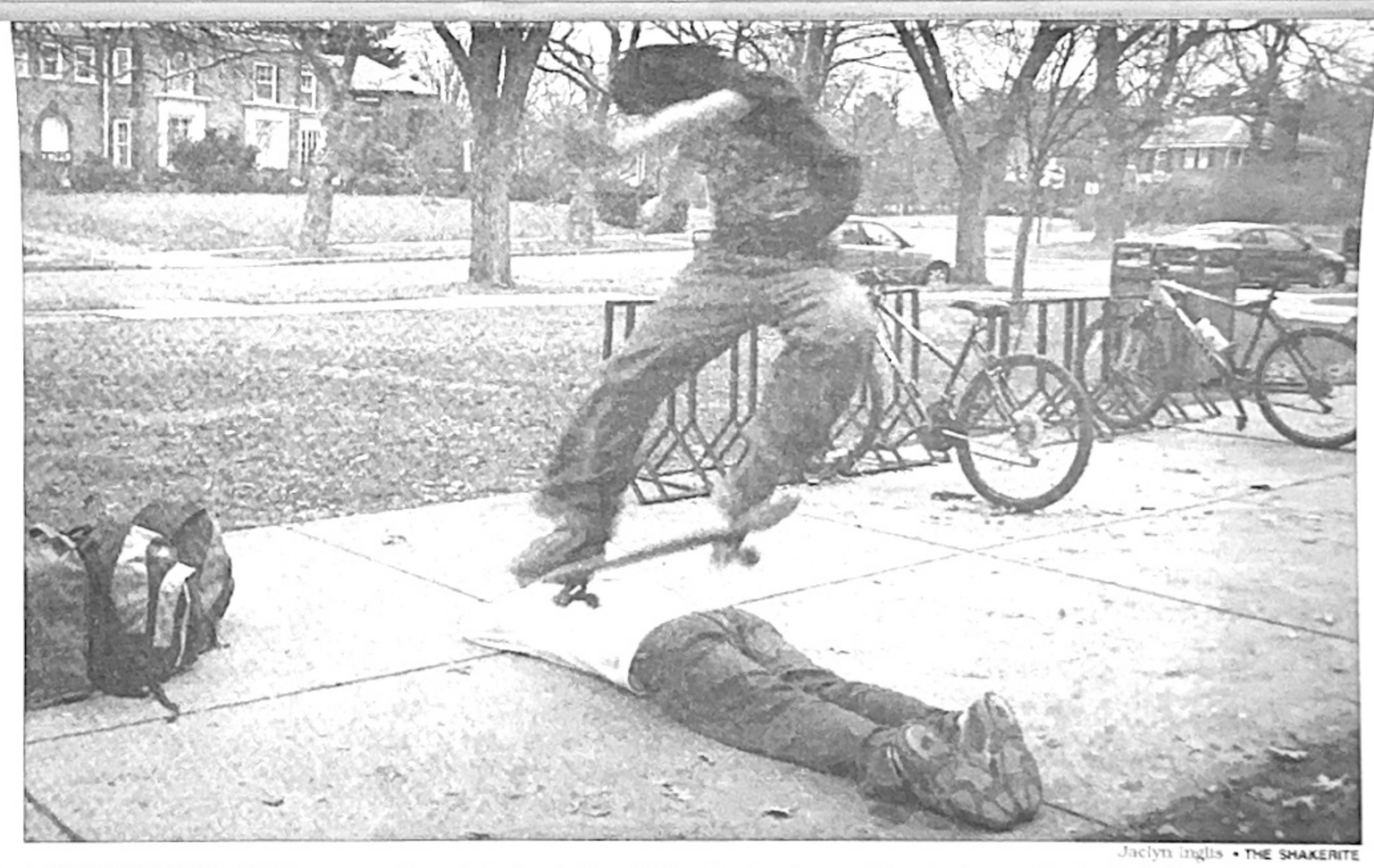
Junior Lance Ballard thinks that a new skate park would be great. The only place he currently is able to skate is around the street, and the new skate park would enable him to develop his skills.

"I would get less harassment from cops," he said.

Currently one of the closest skate parks is the Big Happy Skate Park in Bedford. A skate park nearby sounds appealing to sophomore Patrick Scott.

"I would really enjoy it if a skate park came to Shaker," Scott said, adding that in Shaker one of the only places he can skate is Van Aken Center. "A skate park would be a positive influence."

Similar to Ballard, he also said that Shaker police are a problem and that it's illegal to skate "basically everywhere."


Jaclyn Inglis • THE SHAKERITE

A SKATEBOARDER JUMPS over another student outside a high school entrance. The city is considering building a formal skate park along with many other improvements to the recreational facilities.

Maintaining and building new athletic fields, including ones with turf surfaces, is another task force idea. Senior Alli Hall, captain of the softball team, thinks the city is in great need of new fields that can better withstand rainy weather.

"The fields suck. They get completely muddy," she said.

The fields have been bad as long as she can remember and she believes it's time for a change. Hall said the fields were so bad that the softball team had to spend most of their practice time last season in the gymnasium.

"There's standing water. We just can't play a game on it," Hall added.

The task force is part of an eight-month-long study to "enhance recreation and leisure in Shaker," with the ultimate goal of creating a framework to guide the city for the next 10 years.

There have been three public meetings with input from more than 525 residents, including more than 120 middle and high school students, according to the task force website. The website can be found on the official website of the City of Shaker Heights. The final recommendations were made at a meeting Oct. 21.

The task force will discuss these recommendations at a meeting in December or January, according to a statement by Mayor Judy Rawson published on the city's website, Shakeronline.com.

The ideas are part of a general framework that will guide the commmunity for the next ten years.

Leslie Grodin, director of communications and outreach for the city, described the process as "very long and public," citing the fact that a large number of people are involved in the project. This includes school officials, city officials and other parties, which are mostly sports-related organizations, interested in recreational facilities.

While the process of making changes to the recreational facilities has been long, Scott believes it's worth the wait. He also thinks a skate park would have a definite positive impact.

"[Skateboarding] takes you away from people trying to influence you to do bad things. It's very athletic and you develop friendships," Scott said.

"Deck the Dogs"

Websites for animal lovers are selling holiday outfits for everyone's favorite Fido. Expect only the best in canine couture from Pawsitively Palm Beach and The Pampered Pup at thepamperedpup.com.

English teacher Marianne Schwartz ardently participates in the deck the dog craze. "In the spirit of the holidays, but more in the spirit of my first grandpuppy's first birthday, we sent Scouti a

down jacket with a hood, tailored just for her adorable little body. In the raw Chicago winter, she will be covered in high fashion, lovingly supplied by her Grandmama and Grandpapa," she said.

Holidays jumbled in Virgin campaign

Merry Chrismahanukwanzakah!

If you have watched TV this holiday season, you have probably heard this phrase. The hybrid holiday slogan is the subject of a Virgin Mobile cell phone commercial encouraging people of all faiths to purchase cell phones.

WESLEY LOWERY
STAFF REPORTER

The gimmick is a poor attempt to combine Christmas, Hanukkah and Kwanzaa into one generic holiday.

MIKE TRIOZZI
STAFF REPORTER

A similar dumb idea, "Chrismukkah," made its first appearance on the Dec. 3 episode of "The O.C." A main character coined the term in explaining how his family celebrates both Christmas and Hanukkah. Since then, it has grown to inspire sites like chrismukkah.com that sell Chrismukkah products.

The Chrismukkah website describes the holiday as "a festive celebration of diversity—a fresh way to describe how millions of us already experience our Merry Mishmash of a holiday." The website features original card designs that range from a menorah with candy canes for candles to a Christmas tree decorated with cradles.

Although political correctness is considerate, Chrismukkah marks the end of the religious spirit of the holidays and shows how commercialization has created a shopping-crazed event about nothing but money.

Now, in addition to corny commercials and overplayed TV specials, companies are desperate to make a quick dollar by combining age-old traditions into a cultural smoothie instead of marketing to Jewish, Christian and consumers.

In theory, creating a holiday for people with parents of different faiths seems nice, but it defeats the spirit of the individual holidays.

The holidays should stand alone with their meanings based on personal beliefs. A bi-religious holiday insults religious people because it undermines the purpose of holidays. Christmas is supposed to be a celebration of the birth of Christ, while Hanukkah is a celebration of the Maccabees conserving enough oil to burn for eight days straight. It is insulting to try to take Christ out of *Christ*mas, to make it more politically correct for non-Christians. Hanukkah is a holiday about not blending in—about preserving Jewish identity.

Hands down, Kwanzaa suffers the most from this blend. The celebration of African family values is now associated with both Christmas and Hanukkah, two holidays with religious implications.

Those who celebrate both Hanukkah and Christmas should appreciate that they can observe two individual holidays instead of one. The perverted combination of sacred holidays is yet another example of how some people are determined to sacrifice religion on the altar of profit.

Pondering the scope of MAC

> "I joined MAC to help underclassmen. I would've still joined if it was to help . . . anyone else."
>
> Andre Smith
> junior

> "All the groups or clubs at school should reflect the modern changes in society. I don't understand why MAC is any different."
>
> Emily Mizer
> junior

FROM SCHOLARS PAGE 1

MAC Scholars and their female counterpart, MAC Sisters, provide support for lower-achieving African Americans, but the program sparks questions. Does the term "minority" in Minority Achievement Committee actually means "African American"? Can other minority students join? In a school where African Americans are the majority, is the name "minority" appropriate?

The MAC Scholars' student-written pledge, recited at every meeting, includes the statement, "I will uphold the name and image of an African-American man." This specific reference raises interest about the lack of extended minority involvement, such as that of Latino and Asian students.

"I personally think if the group has the name minority, then it should welcome and incorporate all those included in the minority spectrum of the country," said junior Victoria Boyd, who has attended MAC Sisters meetings.

Korean senior Woodrow Culp doesn't see a problem with the program. He said, "It doesn't matter to me that [there are no] other minorities involved. [MAC Scholars is] talking to the majority of the minorities here."

The MAC Sisters invited an Asian-American to participate as a leader along with the African Americans for the 2002-03 school year. Latina girls have also been members.

Dan Snider • THE SHAKERITE

MAC SCHOLARS SEAN Gadson, Andre Smith and Corbin Sykes organize groups of potential scholars during a MAC meeting Dec. 3 in the small auditorium.

Junior MAC Scholar Andre Smith said, "I joined MAC to help underclassmen. I would've still joined if it was to help . . . anyone else . . . I don't think it's an issue of race, but it's just this group so happens to be geared towards African Americans."

Caucasian Junior Emily Mizer thinks the program's focus on African Americans reflects lack of race relations advancement. "All the groups or clubs at school should reflect the modern changes in society. I don't understand why MAC is any different," she said.

The Shaker Heights Board of Education's October 2004 census of the high school indicated that African Americans are actually the majority. Of 1,785 students, 52.5 percent are African American, 41.4 percent are Caucasian and 6.3 percent are other minorities.

Hubert McIntyre, another adviser to the MAC Scholars, title's history. "During the preliminary stages of the program, the students chose the name as they decided to go further and help the students in need. We are not decision-makers for them."

Assistant Principal Eric Hutchinson believes programs like MAC create confident young people. He said its name "is politically correct. It has a more pleasant delivery than Black Achievement Committee. It has a more accepting tone."

But is MAC an all-black program?

McGovern said, "It was originally conceived for African Americans."

For over a decade, the MAC Scholars organization has focused solely on the achievement of African Americans. With the rise of the minority population at Shaker, the significance of the word "minority" is no longer just African American. What would happen if the other minorities chose to become involved?

McGovern said that matter would fall to the MAC membership.

"Mr. McIntyre and I would present this concept to the MAC Scholars because this programs belongs to them."

Project Support unites students

FROM DISABILITIES PAGE 1

He said sidewalk construction poses difficulty. "They put more and more fencing up . . . I was walking in the street on Van Aken Blvd. It was a heck of a mess," he said. "That's the biggest problem—to go around barricades."

Hassler believes a misconception about the blind is that they always need assistance. "That's the problem. People assume that you need help," he said. He said people can be most polite by asking if he needs help, but understanding if he declines. "I think that sighted people want to help and they don't know how. I've had people that actually feel sorry for me, and that just irks me. A blind person can do a lot more than some sighted people can do."

Shaker also has students with cognitive disabilities.

Nurse Paula Dworkin thinks Shaker students are respectful of the disabled. "I would hope that they would be," she said.

MTV recently exposed teenagers to the cognitively disabled. On "The Real World: Philadelphia," roommates participated in a walk-a-thon for Easter Seals, an organization that helps the disabled. Roommate Shavonda walked with Olivia, who has cerebral palsy. Shavonda was nervous about her assignment, but she conquered her fear and ended up feeling satisfied.

> "I've had people that actually feel sorry for me, and that just irks me."
>
> Robert Hassler
> Member at Heights Christian Church

Project Support is a club designed to promote interaction between students with and without special needs. "It helps for understanding," said Project Support adviser Cynthia Finch. In its fifth year, Project Support comprises about 80 members. So far this year, members have had a scavenger hunt and a make-your-own pizza party.

Finch believes, in addition to having fun, the club influences the entire student body. "Hopefully there's going to be a ripple effect," she said. "[Students] form friendships and can become a support for each other in nontraditional ways. For example, in the halls, the locker room, just those casual friendships."

Finch also mentioned how the club could potentially benefit the volunteers. "They have no idea if in the future they might have a child who has special needs, and this helps."

Dan Snider • THE SHAKERITE

SOPHOMORE SHAMIKA SHARPLEY makes a final stop at her locker before leaving school.

Heard in the Halls

Overheard and out of context

"I'm white . . . I was never black."
12/7

"Mmm . . . that was one good sip of water. I mean, damn! That was a good drink!"
12/3

"It's not a cigar; it's intelligence weed."
12/6

"I ate too much turkey. My boobs got bigger."
11/29

"It wasn't me. It was the little dwarf inside of me"
12/2

"I'm sweating like a whore in church."
12/8

"I was like, 'Mom, close your mouth and go to the bathroom.' "
12/3

A magical performance

The cast of "Pippin" delighted audiences Dec. 2-4. Senior Halle Morse commanded the stage and audience as the leading player with her knockout vocals and detailed choreography. Sophomore Annie Sivertson was hilarious as Pippin's grandmother, Berthe, and her performance was the standout of the show. Caught up in the prospects of war, senior Michael Ward as Charlemagne and junior David Kohn as his stepson, Lewis, contributed to the ludicrous satire with their animated delivery. Carried by a list of strong leads, the combined efforts of the cast, crew and pit members added up to a stellar performance. *Hilry Hazelwood*

ONCE UPON A TIME... OR TWICE

• Generations close the gap with remakes of classic movies

Originals and remakes

"Willy Wonka and the Chocolate Factory"
Original: 1971
Remake: 2005
Original star: Gene Wilder
Remake stars: Johnny Depp

"The Manchurian Candidate"
Original: 1962
Remake: 2004
Original stars: Frank Sinatra, Angela Lansbury
Remake stars: Denzel Washington, Meryl Streep

"The Stepford Wives"
Original: 1975
Remake: 2004
Original star: Katharine Ross
Remake stars: Nicole Kidman, Matthew Broderick

By Liz Kantor and Adrian McLaughlin
ARTS EDITOR AND STAFF REPORTER

If you went to see ex-vampire slayer Sarah Michelle Gellar battle an evil presence that haunts a house in "The Grudge," you might have been creeped out.

Maybe terrified.

You most likely weren't aware that you were watching an American remake of what critics call one of the scariest movies ever made.

Gellar plays Karen, a social worker assigned to care for a mentally ill patient in his Tokyo home. Although the film earned some praise, critics mostly said the remake was a disappointing "Yankee" version of the much better original, "Ju-On," a Japanese horror film.

"The Grudge," like "The Ring," is the latest in Hollywood remake habits – taking foreign films and reshaping them for American audiences. Remakes of American films, however, are a long-standing tradition and good business practice.

"Remakes come with a built-in audience because people are familiar with it," said Julie Washington, a Plain Dealer entertainment reporter.

"Freaky Friday" Original: 1976 Starring: Jodie Foster (Annabel Andrews, the teenager), Barbara Harris (Ellen Andrews, the mom)

"Freaky Friday" Remake: 2004 Starring: Lindsay Lohan (Anna Coleman, the teenager), Jackie Lee Curtis (Tess Coleman, the mom)

"Ocean's 11" Original: 1960 Starring: Frank Sinatra (Danny Ocean, the leader), Dean Martin (Sam Harmon), Angie Dickinson (Beatrice Ocean)

"Ocean's 11" Remake: 2001 Starring: George Clooney (Danny Ocean, the leader), Brad Pitt (Rusty Ryan, second-in-command), Julia Roberts (Danny's ex-wife)

Liz Kantor• THE SHAKERITE

"The studio is guaranteed a certain amount of publicity and a certain level of audience right off the bat."

Americans have an appetitie for remakes. A luxury sedan from the '50s might be remade into a hip, new coupe. A rock 'n' roll hit originally made in the '80s could be reworked into a hip-hop jam in the new millennium. Of all the things that can be remade, movies are typical.

"Remakes can be great, only if great work is being put into making them," said freshman Katya Griffin. "Knowing a little something about the original would help you to compare the two."

Griffin's comment points to a problem for younger movie viewers who often have not seen the original film and can't make an informed judgment about the remake. However, a remake in the works will allow high school viewers to do just that. Currently scheduled for a 2005 release, "Charlie and the Chocolate Factory" will retell the story of candy maker Willy Wonka – Oompah Loompahs and all. Johnny Depp stars as Wonka, and Tim Burton directs.

Washington, however, doesn't think knowing the original film is vital. "I feel that the remake has to stand up on its own and not rely on the audience having seen the original," she said.

Freshman Brianna Blackwood-Mallory prefers originals. "Remakes are stupid," she said. "The original is always the best — a classic."

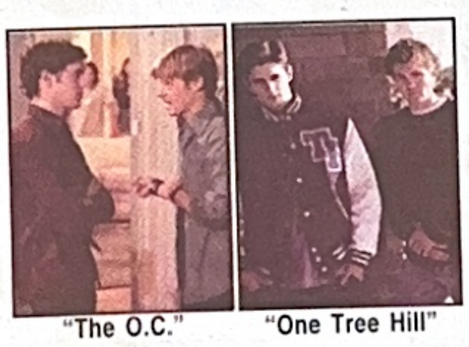
Washington also pointed out the need for originality. "As a lot of people say, why remake an old movie when there are so many good ideas that are unproduced?"

'One Tree Hill' VS. 'The O.C.'

By Leah Hitchens
PULSE EDITOR

Ahh, the beauty of banal teen TV. While the originality of plots has never been distinct, networks are now competing for ratings by creating shows that are identical. "One Tree Hill" and "The O.C." both feature brothers — one blonde, one brunette — brought together by circumstance and living life together.

Nathan and Lucas, the half-brothers on "One Tree Hill," have a very cliché relationship. Nathan is from a wealthy family, and Lucas is the only child of his single, working-class mom. These brothers are—I am not making this up—from opposite sides of the tracks in Tree Hill, North Carolina. They are brought together when Lucas encroaches on Nathan's limelight by joining the basketball team.



"The O.C." "One Tree Hill"

What's more, Nathan achieves star status in basketball only because his father, Dan, lives vicariously through him. Dan is obsessed with Nathan and gives him all of the attention even though he fathered both boys. Drama complicates the family ties because although Dan is the father of both boys, he left his high school girlfriend, Karen, Lucas's mom, for his now ex-wife Deb, Nathan's mom. Confused yet?

Karen is now rediscovering her ability to have a relationship with Dan's brother, Keith, Lucas' uncle. Love, conflict and fake indie music succeed in making this show highly unoriginal next to its Fox twin, "The O.C."

"The O.C.," an addiction of suburban teenagers across the nation, is the identical twin of "One Tree Hill." The main characters, Ryan Atwood and Seth Cohen, however, are not biological brothers. But when troubled teen Ryan is invited to live with Sandy, the pro-bono lawyer father of Seth, and his family, both teens' worlds are shifted sideways. Ryan (surprise!) is from the wrong side of the tracks. The one distinguishing factor is that instead of the small town of Tree Hill, Orange County is a haven for the wealthy, where Ryan is submerged into a life of secrets, scandals, hookups and the way "rich teens party."

This show, just like "One Tree Hill," is full of poseur bands and groups such as Rooney who, by performing on the show, lost all of their credibility and grassroots fans. Again, in the style of its counterpart, "The O.C." fills the boys' relationship with conflict and competition that eventually segues into bonding and brotherhood.

Teen TV needs reality check

Walking down the school halls, personal space is plentiful, you can stop and chat without provoking angry comments and no one dares utter a single profane word.

Sound familiar? Hardly.

LIZ KANTOR
ARTS EDITOR

Walking down the halls of Shaker, you can barely avoid bumping into someone and you are assaulted daily by every known swear word on the planet. So whose school enjoys such a pleasant atmosphere?

Network TV High School, of course!

Network TV's protrayal of high school is far from accurate. And crowding up the hallways on set wouldn't solve the problem. Teenagers on TV are a little too cookie-cutter, a little too bland. They don't act like real people. They don't swear, and they rarely confront timely or controversial issues.

Teen pregnancy and drinking are about as real as network TV gets. But what about the war in Iraq? What about poverty or abuse or just trying to like yourself enough to get up every day? Few shows have dealt with these issues.

Although network TV is controlled by the FCC, executives and producers could do much more to make TV high school resemble real life. For example, one episode of "7th Heaven" encouraged people to get out and vote.

Unfortunately, the more realistic teen shows are, the faster they are cancelled. A prime example is "Freaks and Geeks," a show about high schoolers in the '80s. The show debuted in 1999 and was dropped after one season. Shows like these don't last because their characters are like real people – complicated. The geeks on "Freaks and Geeks" *looked* like geeks and they struggled with realistic problems that were never solved by the end of the episode. But networks want shows like "The O.C." that become instant hits because of their shallow, eye-candy characters. Networks won't wait a season to allow a quality teen show's audience to develop by word of mouth and critical acclaim.

The argument that network shows can't tackle mature content post-Janet Jackson doesn't add up. There's a big difference between depicting the social Darwinism of high school and exposing someone's nipple. I know that many of us use TV as an escape from reality, but I want to see shows that present fictional characters dealing with real issues.

The most realistic high school show I've seen is "Degrassi" on Noggin. These kids don't swear very much, but they do struggle with real problems. The show has addressed school violence and abuse of the drug ecstasy.

But should quality teen TV shows such as "Degrassi" exist only on cable or satellite TV? I say no. There is nothing on "Degrassi" that is so outrageous it wouldn't get past the censors on ABC.

Television about teenagers needs authenticity. There is more to life than hookups and breakups. Death and violence and a host of other unhappy things happen to kids. If shows focused on more relevant topics, more people would tune in.

THE Reel Deal

The new spot for your monthly dose of DVD rentals, wise movie words and the hottest new film to see at the theater.

Compiled by Liz Kantor and David O'Connell

Winter break must-see DVDs	
"Serendipity"- 2001, starring John Cusack	A couple meets and leaves their relationship to fate.
"Home Alone"- 1990, starring Macaulay Culkin	A kid is accidentally left at home by his family.
"Fargo"- 1996, starring Steve Buscemi	Pregnant sheriff, dumb crooks, snow, creative use of woodchipper.
"It's a Wonderful Life"- 1948, starring James Stewart	A suicidal man sees what life would be like without him.
"Elf"- 2003, starring Will Ferrell, Bob Newhart	An "elf" leaves the North Pole, to find his real family.

Movie Quote of the Month

"One man's life touches so many others, when he's not there it leaves an awfully big hole." Clarence Oddbody, "It's a Wonderful Life"

Rave 'Ray' Review

As the acclaimed soul musician Ray Charles, Jamie Foxx clearly demonstrates that the temptations of life couldn't stop Charles from making music.

Haunted by the few memories he developed as a sighted child, the acclaimed soul singer/songwriter used heroin to cope.

"Ray" also illustrates the struggle with rehab that almost kills Charles.

While Foxx falls short of displaying Charles' love and passion for song, the film does depict his path from musical ridicule to renown. 3 out of 4 stars

Got any medication for that?

Don't like the holidays and you can't quite figure out why? You might have dendrophobia (a fear of trees), or possibly ecclesiophobia (a fear of churches). Other phobias that might get you down this season include hagiophobia (fear of saints or holy things), macrophobia (fear of long waits) or soceraphobia (fear of parents-in-law). Happy holidays!

Take this handy, healthy advice

The Centers for Disease Control and Prevention estimate that one *out of three people* doesn't wash his hands after using the bathroom.

Hepatitis A turns your skin yellow, makes your stomach hurt, suppresses your appetite, makes you nauseated, gives you diarrhea and causes fever and fatigue.

And this is just one of the diseases you can catch at Shaker Heights High School — or at any other place where people fail to wash their hands after using the bathroom. The Centers for Disease Control and Prevention estimate that one out of three people doesn't wash his hands after using the bathroom. And it usually is *his* hands.

the Rite Idea

An unscientific observation of students' handwashing habits revealed only 16 out of 27 students washed their hands after using the bathroom. Breaking it down by gender, 80 percent of girls used the soap and water, compared to only 54 percent of boys.

Adults are at fault as well. Several teachers were caught dry-handed.

Hand washing neglect is an national problem. Researchers reported that at Chicago's O'Hare Airport, 85 percent of women and only 62 percent of men wash their hands.

The Dallas/Fort Worth Airport boasts 92 percent of women washing their hands, but a mere 69 percent of men doing so.

Non-hand washers are not the only people endangered by their bad habits. Those who do not wash their hands can spread bacteria when they push open a door, touch the stair rail, or type on a keyboard. Been to the computer lab lately?

Believe it or not, there is also a correct way to wash you hands. According to the CDC, soap must be used for 15 seconds (the time it takes to sing "Happy Birthday") along with warm water. It is also important that hands are thoroughly dried afterward.

Nurse Paula Dworkin is adamant about washing hands. She said that signs in the faculty restrooms remind teachers to wash their hands and use a paper towel to turn off the faucet. She proposed that these signs also be posted in student bathrooms.

She also suggested that dispensers containing a waterless hand cleaner be installed in the cafeteria, a practice she has observed in other schools. She noted that students should not worry about the soap in restroom dispensers being tainted; custodians are diligent in their bathroom maintenance.

December 5-11 was National Hand washing Awareness Week. So, be sure to think before skipping the sink. Not only will you keep yourself clean, you'll potentially save the rest of the school from illness.

And guys — pick up the slack. No one digs boys with dirty hands.

Sorry, that's not in my job description

Ah, winter break: a desperately needed respite from homework, school and stress. Not to mention the commencement of my quest for a summer job.

I know — summer won't be here for six months. Why rush, right? Wrong. I used to believe that. For three years I held the cushy position of Hathaway Brown camp counselor. Last year upon my mother's suggestion that I get a "real" job, I was forced into the real world, the gritty working class: I became a Target team member. Misery loves company, and the company it loves the most is Target.

HILARY HAZELWOOD
PHOTO EDITOR

I discovered quickly that cashiering is slightly more demanding than babysitting pampered 5-year-olds is.

My third day on the job, an enraged granny screamed at me for 10 minutes because I didn't know where the diet drinks were.Two weeks in, a grizzly middle-aged man purchasing Goldfish crackers and condoms told me I had pretty hair. Four weeks in, during a Saturday afternoon rush, a particularly irate woman stood in my checkout lane and proceeded to shriek at me because she did not like the layout of the store. She was upset, specifically, because the toilet paper that she wanted was located on the second floor. I understood; I, too, find it exhausting to stand still on an escalator while it carries me to the next floor.

I reached my breaking point during the sixth week. During a Friday afternoon lull, my supervisor asked me to abandon my cashiering post to "do her a favor." She led me over to checkout lane six, where she gave me a critical assignment: guard a puddle of child vomit, rich with the primary colors of what must have been the culprit's favorite sugary cereal. I was to keep customers from stepping in it until my supervisor had time to clean. Horrified, I glared at the guilty child, who was still standing next to his mess, wheezing as he gazed up at my humiliated expression. "Excuse me, sir," I said to a man who almost walked through the sickly war-zone. "You can't come through here," I added, shamefully pointing at the mess. That was the day I gave my two-weeks' notice.

Fleeing that job made me realize the simple joys of which Target has robbed me. Now, for example, I can never fulfill my dream of becoming a master archer because I feel sick whenever I see a bullseye. Also, the number 6.50 is forever ruined because, sadly, this was the meager wage I earned per hour. And, most of all, Target's snazzy commercials, filled with mistletoe bliss and the lovable Spot the dog, only send me into a frenzied screaming fit.

So, no, I will not be skiing in New York or sunbathing in Acapulco this winter break. I won't be drinking cocoa by a crackling fireplace or decking the halls.

I will plunge back into the working world, wandering the streets half-crazed, with dozens of applications sticking out of my coat pockets, shivering as snowflakes encrust my body. 'Tis the season.

Top Ten the Inappropriate ways to keep your child from expecting Santa

10. Have the department store Santa tell him he was a naughty boy this year.
9. Move to another house and explain that Santa won't be able to find him.
8. Tell him there's no God and Christmas is just a commercial ploy.
7. Force him to watch you put his gifts under the tree.
6. Get him nothing one year and explain that Santa retired.
5. Cook him a nice dinner and tell him when he's done that he just ate Rudolph.
4. Tell him only the boogeyman is real.
3. Hire a Santa to beat him up, then explain he'll never come to your home again.
2. Wait until high school when his peers will tell him.
1. Dress up as Santa and fake your own death.

30 second tick-off

It used to be a wonderful life

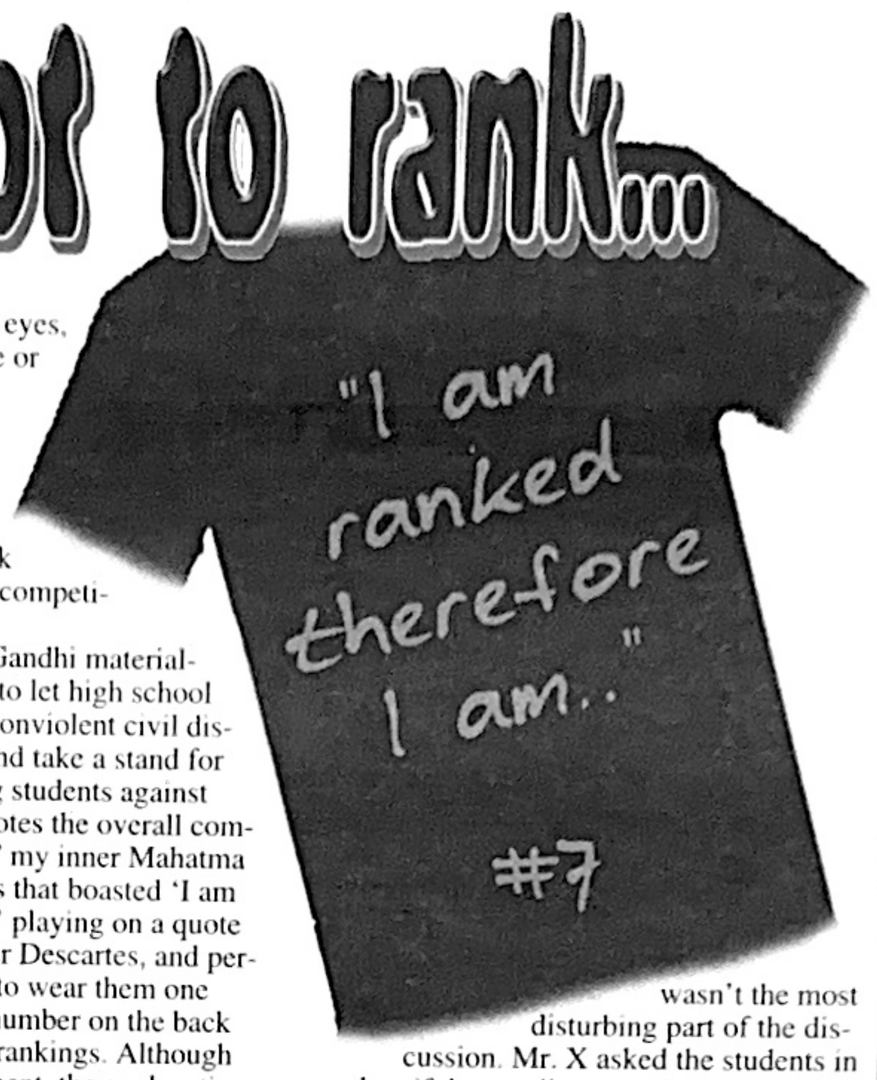
Holiday traditions such as singing carols on Christmas Eve or having the youngest person open the first present bring back warm memories of the best gift ever you received or that year you drank too much holiday punch. And, like other happy traditions, they should never be broken.

Which is precisely why I am ready to boycott NBC.

Every year my family gathers around the TV and watches "It's A Wonderful Life." The 1946 classic stars Jimmy Stewart as George Bailey, a banker who wishes he were dead after he experiences financial ruin. An angel grants him his wish, and he becomes a ghost who observes what the world would be like if he had never been born. The lesson of this movie is that life has value, and that it is better to be rich in love than in money. It can change your outlook on life. Every year, after my family and I watch the movie, we remember how truly blessed we are to have one another. It is our cherished tradition. NBC recently bought the rights to "It's A Wonderful Life," and promptly decided to show it only twice: once in November and once on Christmas Eve. There used to be a time when anyone could watch it on a number of channels each holiday season. Now, I either wait or buy it from Blockbuster for $16.99. And that, my friends, is exploiting the Christmas franchise.

Amanda Orr, Focus Editor

To rank or not to rank...



By Aviva Ariel
OPINION EDITOR

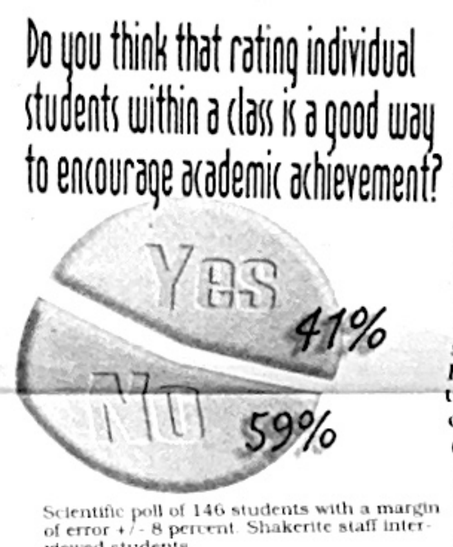
Picture a Shaker where catfights break out in the classrooms and hallways. Then the guys join in, using their big muscles and possibly their pocket protectors to kick some until the valedictorian of the senior class gets bitch-slapped across her perfect little 4.8 face. Later that day, half the student population breaks down, sobbing hysterically; some stressed by too many AP tests in one week, others because, frankly, now that the valedictorian is traumatized and shaking in the second floor girls' bathroom, the chance to become the new number one student in all of Shaker is just too exciting, and they begin passing out like Southern belles in summertime. All this commotion causes Shaker's top 10 standing with the Ivy Leagues to be no more, and most of our devoted teaching staff transfers to a more prestigious school. (Maybe Laurel or Hawken, but God knows not one of them transfers to Orange).

Although we all know the only girl-on-girl wrestling you'll ever see in Shaker is in your dreams, there are days when I fear that this scene of crazed competition is right around the corner. Almost everyone has heard the typical conversation of sleep-deprived and overworked students who, when shown the results of their math or science or English tests, turn to their neighbors and say, "What did you get? Oh! A 94? How did you do so well? I only got a 92!"

So when I found myself sitting in a certain teacher's AP Modern Euro class, (we'll call him Mr. X), and I got a grade report with my ranking out of 43 students displayed at the top of the page, I was distressed at the sight of otherwise intelligent people preoccupied with their ranks and the ranks of their peers.

After a whole year of AP U.S. History, I was tempted to say, in honor of Richard Nixon, "Well, [expletive] you, Mr. X" or "that's bull [expletive]." I restrained myself, knowing that I'm supposed to be the girl who takes her required APs with a pearly white smile and bright eyes, and then gets into Yale or Brown or some other prestigious school. Surely, I could keep my growing sense of anger and annoyance hidden away in my lock box of a hardworking, competitive little head.

But, no! Mahatma Gandhi materialized and urged me not to let high school crush my spirit. "Use nonviolent civil disobedience, little one, and take a stand for your belief that ranking students against one another only promotes the overall competitiveness at Shaker," my inner Mahatma said. I made 24 T-shirts that boasted 'I am ranked, therefore I am,' playing on a quote by the early philosopher Descartes, and persuaded the entire class to wear them one day. Each shirt bore a number on the back to represent individual rankings. Although the shirts made a statement, the explanation we ultimately received from our teacher was about as convincing as Ashlee Simpson's lip-syncing on Saturday Night Live. (Not as funny, though.) If I really had followed in Gandhi's footsteps, I probably would've just starved to death in Mr. X's room, wearing homespun cloth before anyone even noticed. Our teacher told the class that not only do rankings appear on our sheets merely because he doesn't take the time to remove the numbers on the grading program, (totally understandable, as double clicking can really wear a person down,) but that our rankings are there only to show us where we fit in the spectrum of grades and that the numbers have nothing to do with competition. (I see . . . the rankings are there to encourage friendly comparisons.) To top it off, he added that he only advises the students in second and third places to compete for the first-place ranking, thus helping all the rest of us to kick back for the rest of the year. However, that wasn't the most disturbing part of the discussion. Mr. X asked the students in my class if they really wanted him to remove the rankings from our gradesheets; excluding me, the class was in unanimous agreement that the rankings should remain. I was almost as surprised to hear my classmates' response as I was when I learned that closeted gay Congressmen voted to ban gay marriage. (OK, not really surprised, but truly dissapointed.) I guess that most AP students, my group of friends included, are used to the competitiveness and to sneering or being sneered at.



Scientific poll of 146 students with a margin of error +/- 8 percent. Shakerite staff interviewed students.

As a freshman, I was immediately drawn into the competitive whirlwind, participating in heaps of extracurriculars and trying to score above a 4.0, but I've come to realize that no matter how many more AP credits I accumulate than my fellow honor rollers, it won't change who I am or my capacity for happiness - - and not even my ability to succeed post-high school. (Thanks, ma!)

After all that (and with the help of my humble, emaciated spiritual leader) I'm glad I tried to soften the cutthroat culture thriving within Shaker's aged brick walls. Although the T-shirts did not lead to any changes in the school's atmosphere and I didn't exactly cause the Ohio Revolution of 2004, I learned a few things about us, about myself and about Shaker.

But in the words of the exceptionally profound Jack Black, I'll just continue to "stick it to the man."

Winter break brings no break at all

RJ Kaleal
GUEST WRITER

As the time nears for winter break, I fret to think about how much homework my classmates and I might have to undertake. Besides the threat of finals lurking over my head, I might have to contend with science chapters, the study of criminology and plays and poems in Spanish. All this while I am trying to catch up on my sleep and earn some money.

I do understand the value of homework. As teachers repeatedly tell students, homework reinforces lessons learned in the classroom and is vital if a student wishes to grasp the concepts. In no way do I suggest that we should not complete homework when a teacher does assign it. But there is a time and place for everything, and winter break is not the appropriate time for school assignments.

Winter break is a two-week oasis that all students *and teachers* look forward to from early November until the last day of school in December. It is a time when we sleep in 'til noon, go on vacation and visit with family members. This oasis can quickly turn into a mirage when teachers assign days of work. Instead of having a fortnight to relax and rejuvenate, students are forced to spend hours on projects and assignments. Long-range assignments, such as National History Day, which are assigned far in advance of break, are not as stressful – we have time to prepare and get the bulk of the work finished before we leave for vacation. But work assigned the week or day before our departure is just unacceptable.

We all will have numerous finals two weeks after returning, and, in essence, we all have already been assigned to study. "Having too much homework over winter break does make it difficult . . . to study for finals," Senior Rebecca Heide said. If we are bogged down by superfluous assignments during vacation, we will have just eleven days to prepare for our first finals. "If you take AP classes, plus want to enjoy your break, it's really hard to plan ahead when your teachers overload you with work," Heide said.

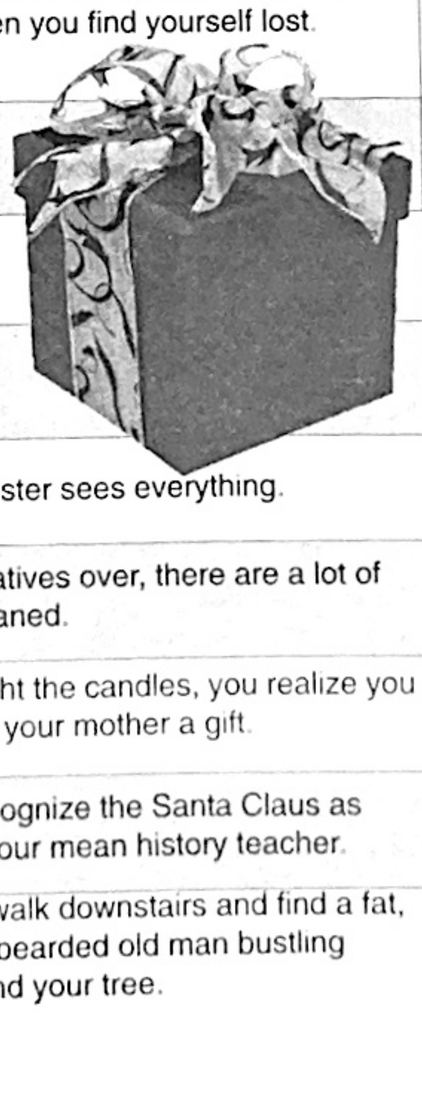
One teacher who knows how important break can be is AP math teacher Margaret Boles. "I do believe that everybody needs a break and holiday times are family times. Students deserve that family time as much as teachers do," Boles said. As a student in Mrs. Boles' AP math classes for the past three years, I have never had an assignment over Thanksgiving, winter or spring breaks and I know that this year will be no exception. Boles adds that teachers should be able to pace their curriculum appropriately so that work over breaks is not necessary. She also makes sure to point out that despite not assigning work over breaks, all of her AP students still do very well on the BC Calculus exam.

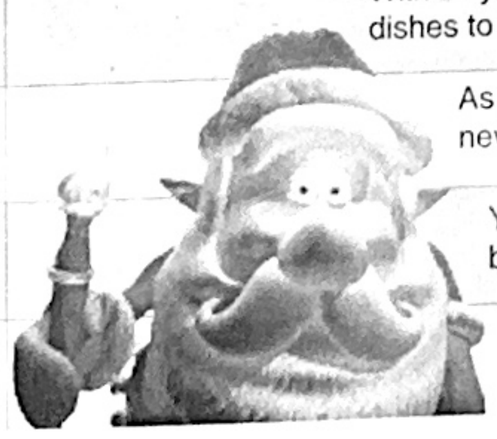
Teachers, as you make your lesson plans for the last days of 2004, I hope you will remember your students as well as *your* days as a student in high school. Remember your disappointment when your teachers gave you work for break. And, finally, think about how you plan to spend your vacation. Do you want to spend the entire time grading papers and working on schoolwork? If you answered no, please understand that students feel the same way.

Reality Chart

Worst case scenarios: holiday edition

Place	The Problem	Possible solution
The forest	You're searching for that perfect tree when you find yourself lost.	This technically isn't within our jurisdiction . . . Good luck!
The mall	You're out of money and you still need to buy your brother's gift.	That credit card your dad told you to use in case of emergency might come in handy right about now.
Christmas Day	You open your gift from grandma: a hideous sweater.	Throw it in the fireplace when everyone is out of the room.
School	The sole non-Christian in your class feels left out at the holiday party.	Instead of trying to celebrate his holiday, it would be more practical to try and convert him.
On the highway	You hit a reindeer, and your 6-year-old sister sees everything.	Now might be a good time to tell her Santa isn't real anyway
Family dinner	With all your relatives over, there are a lot of dishes to be cleaned.	Offer to make the salad instead, then have grandma put her elbow grease to work.
First day of Hannukah	As you light the candles, you realize you never got your mother a gift.	Everyone loves money . . . slip her a crisp $20
Department store	You recognize the Santa Claus as being your mean history teacher.	Tell him what you want . . . an 'A' on that Civil War test.
Christmas Eve	You walk downstairs and find a fat, jolly, bearded old man bustling around your tree.	Use your better judgment and call the police . . . if possible, try to restrain the intruder





Sports

LET IT SNOW

Need a more **active alternative** to camping on your couch and watching holiday specials? Sports suggests:

•Alpine Valley: **slopes and terrain park** for skiers and snowboarders, plus **snow tubing** www.alpinevalleyohio.com

•Cleveland Metroparks Zoo: visit during the day or admire the **ZooLights** 5:30-9 p.m. www.clemetzoo.com

•Tobogganing: **1000-ft ice chutes** at The Chalet in Mill Stream Run Reservation www.clemetparks.com/recreation/tobogganing

Your 'clever' hockey cheers embarrass us

"Iggy sucks d—!" was the cheer of the evening, among others such as "Shut the f— up!" and "Wildcats take it up the a—!"

This is embarrassing.

Yes, University School and St. Ignatius are big Shaker rivals. But to broadcast repeatedly that Shaker can't come up with cheers reflecting even a quarter the intelligence we know we have is blasphemy.

KATE GUESS
STAFF REPORTER

Not to mention the startling number of inebriated people starting fights and taking off their shirts.

"Wildcats take it up the a—"? Yeah, that's a good one. Especially because St. Ignatius is still recovering from the death of Robbie Kirkland. He killed himself six years ago because couldn't find peace as a gay student at St. Ignatius. That's really clever, Shaker. Way to be. It's no wonder that parents and students of neighboring schools see us as a school filled with social miscreants and village idiots who rarely venture out of their cave. It's because that's exactly what we sound like.

Aside from the uncouth and frankly repulsive behavior from our side to theirs, there was a remarkable amount of dissension within the Shaker ranks. Seniors repeatedly tried to kick out sophomores and juniors from the front rows, seemingly unaware of the first come, first serve rule. Seniors: you can't show up five minutes before a big game and expect to have front-row seats. Yes, you're seniors, and yes, we'll miss you, but let's be realistic. You might have a lot of insecurities that you had no problem showing the world on Friday, but yelling at people who were smart enough to show up on time is ridiculous.

Freshmen were the recipients of upper classman hostility as well. A freshman plays on the varsity team. The freshmen are excited, as they should be. Juniors and seniors, you remember when you were freshmen and one of yours was out there. So when that freshman skates out, and his classmates voice their approval, don't shut them down. Not only is that incredibly rude and quite frankly disgusting, but it *further* isolates you from the rest of the school. At games, we should be Shaker. Not '06, not '07, but Shaker. The other team is the enemy, not us.

Shaker has a national reputation for releasing some of society's most competent and productive people. So why can't we come up with clever cheers? Anyone can make unrefined, rude statements about the other team. You know how US always says that we are below them? It's not their trust funds or 'Benzes that put us here, it's our actions as uncivilized people and spectators at a game. When we participate in those kinds of cheers we just prove them right. I can only imagine how it looks to the other team if I, as a Shaker student, am this disgusted. They probably laugh at us or don't expect anything better. So, '05, Masters of the Cheer, make a massive turnaround in your hockey game behavior.

Stop embarrassing us.

With two new coaches for women's basketball, Change is good

•New varsity and JV leaders aim to maximize teams' potential and work ethic this season

FROM BASKETBALL PAGE 1

realizing the potential. He has enforced routine practice and game preparation habits and increased practice intensity.

"We've been more demanding. Expectations have been set a bit higher than they're used to," Readance said.

He also hopes to create a smoother transition for athletes from the middle school through the high school JV and varsity teams to develop more pride in the program.

After three years coaching basketball camps and youth basketball in Shaker, Gaiter plans to help all her athletes reach the same skill level. She emphasizes the importance of a strong work ethic and study habits. "A 'C' is not a good grade," Gaiter said.

Readance

"You have to train your brain and train yourself out here on the court," Gaiter said.

Freshman Mary Hyland said she has worked harder in school because of her coach's encouragement.

"If we don't work well in school we won't be playing as much as we should be or as much as we want to be," Hyland said.

The JV team has already surpassed last season's winless record. Gaiter hopes to prepare them to win the state championship as varsity players.

Hilry Hazelwood•THE SHAKERITE

VARSITY TEAM MEMBERS gather under the basket during Shaker's 72-38 victory over Maple Heights at home Dec. 8.

Senior Jessica Davis said the varsity team learned to work together in its first four games and expects a big turnaround.

Davis said Denise Duncan, the varsity coach for the two previous seasons, also emphasized defense, but last year the team was more of a family. While this is still true for the JV team, "varsity consists of too much talent and we're just learning how to make it fit together."

"The coaching staff is excellent and just like any coach he wants to win games," Davis said.

Hyland, Davis and senior Candice Crews said that the teams have adjusted well to their new coaches.

> "Varsity consists of too much talent and we're just learning how to make it fit together."
>
> Jessica Davis
> senior varsity basketball player

When Duncan and JV coach Teresita Parks were fired last year, Crews said many of the players were shocked. However, she views this season as a new beginning, and said Readance has been very effective in promoting teamwork, defense and consistency.

"We work day in and day out on those things. He's been consistent in doing things until we get it right," Crews said.

Readance hopes the team will continue to improve to be in the LEL championship race and peak at the end of the season for tournaments.

"Once they realize what they're capable of, it'll become reality instead of potential," Readance said.

Raiders navigate off-season rules

•Weightlifting, conditioning comprise year-round sport commitment

By Meghan Thompson
COPY EDITOR

"The best way to get in shape is to never get out of shape," said Athletic Director and head football coach David Sedmak.

The competitive atmosphere in high school sports today demands high-level skills and intense training. In order to succeed, coaches and athletes find themselves having to start (or in some cases never stop) off-season workouts and conditioning.

"At the Shaker Heights varsity level, you have to be pretty active year-round," Sedmak said. "However, that does not necessarily mean you have to be working out for the same sport 12 months a year."

Bylaws set by the Ohio High School Athletic Association govern interscholastic high school athletics. The state mandates three dates for fall, winter and spring sports. The dates specify the first practice, the first scrimmage and the first contest. Practice, competition or contact with the coach outside of these dates might result in rule violation. Also outlined by the OHSAA are rules concerning off-season workouts. There are no rules set for conditioning. The rules mainly regard coaches directing and coaching players during the off-season.

"No direct coaching or instruction from any coach takes place," varsity softball coach James Schmidt said of his off-season workouts.

The rules permit 10 days of off-season practice with instruction from coaches during the summer.

Because the rules do not prohibit teams from conditioning, many teams take advantage of the opportunity to get a head start.

"The workouts are very important because how you work now is how you're going to perform in the season," junior football player Robert Woodard said.

According to Sedmak, the football team does off-season conditioning that focuses on running, weightlifting and agility. The sessions are not mandatory, but an award and point system provide incentives for athletes to participate. In addition to the awards, athletes enjoy the benefit of being physically fit.

Not attending conditioning sessions does put athletes at a disadvantage during tryouts because of physical fitness level, Sedmak said.

"If you chose not to attend the workouts . . . the other person will be simply better," said Sedmak. "It affects performance."

The softball team has been weightlifting since November. "[The athletes] must participate in order to reach the level of fitness needed to make the team," Schmidt said.

Athletes who play sports in multiple seasons find themselves questioning whether they are at a disadvantage when it comes time to try-out.

"Students involved in winter sports are not required to participate since they are involved in athletic activities," Schmidt said.

Sophomore Alena Kelly, a swimmer and a softball player, is unable to participate in softball conditioning because it conflicts with swimming. She does not feel that not attending the sessions puts her at a disadvantage.

Both Sedmak and Athletic Director Susan Brown are advocates of multiple sports, which can give athletes a mental edge.

David O'Connell contributed to this story

Dan Snider•THE SHAKERITE

SOPHOMORE SOFTBALL PLAYER Marnie Zoldessy lunges at weight training Dec. 7. The team has been training since November.

'Tis the season for winter sports

You might not believe it by the weather, but winter is here and winter sports are off to an optimistic start.

Men's swimming: "We hope to build on last year's success," head coach Eric Peterson said, citing defending the team's **LEL title** as a major goal.

Women's swimming: The team aims to finish in the **top two in the LEL**. "We're a younger team with a lot of options," Peterson said.

Men's Basketball: With a **record of 1-2** at press time and only three returning varsity players, head coach Bob Wonson said the Raiders have a lot of work to do, especially on defense and rebounding, before playing at least 13 **top 25-ranked teams**.

Women's basketball: After a rough first two weeks, head coach Don Readance hopes the team will improve to be an **LEL contender**.

Hockey: After beating St. Ignatius and Lake Catholic and losing to St. Edward, the Raiders are **2-1 in the Red North League**. "We continue to get good leadership from our veteran players," coach Michael Bartley said.

Diving: The women divers placed **first and second** in their meet against Lakewood to start the season with a **1-0 record**. Coach Steve Murphy said that as both the men's and women's teams have doubled in size, they are building and adding depth.

Wrestling: Seven varsity wrestlers placed **second to sixth** in their division at the Solon Classic tournament Dec. 3-4. Head coach Marc Enie said the team aims to **win the LEL**.

Compiled by Emily Giannis, Marguerite Moore, Meghan Thompson and Adam Weinstein